

BRIDGES

WEDNESDAY, JUNE 17, 2015

ON THE SCENE:

Cabaret presented
by Weiger's Care for
Kids P. 4

GARDENING:

Tips for drought-
proofing your garden
P. 12

MUSIC:

Poverty Plainsmen
return to the stage after
seven years away P. 21

A STARPHOENIX COMMUNITY NEWSPAPER

WE ALL NEED AN AUNTY MUNA

GETTING PEOPLE SETTLED
IS MUNA DE CIMAN'S GIFT
P. 6



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ON THE COVER P. 6



Maria Gis Cesar's family arrived in Niagara 21 years ago as refugees from Liberia. Her husband died in 2011.

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RECIPE P. 22



Want to smoke bacon can be tricky or easy. Smoke your own bacon and you won't look back. Photo by SCOTT STOCHAN FOR THE NIAGARA POST

BRIDGES COVER PHOTO BY IRYN TUSHAIKA

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ON THE SCENE

WIEGERS CARE FOR KIDS CARA RAISE

Wiegert's Dine for Kids presented CathoRecs: a Moulin Rouge-themed comedy and cabaret on June 13 at the O'Briens Event Centre in support of the Children's Hospital Foundation of Saskatchewan. Featured guest was Shawn MacLeod of *The Hour Has 22 Minutes* and Just for Laughs. Wiegert's Care for Kids was established in 2009 to support children's charities. It has raised more than \$103,000 from various events and expects to raise at least \$100,000 more with CathoRecs.

PHOTOGRAPH BY LINDA RICHARDSON



5. Janice, Jessie, Glenda and Norm Bennett

6. Ray and Abby Mine

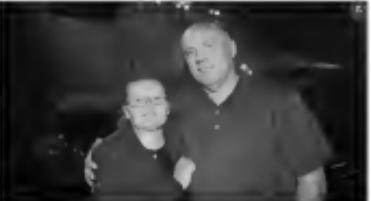
7. Wiegert's Care for Kids, CathoRecs at the O'Briens Event Centre

8. Dennis Butwick and Ursula Rose

9. Leah and Corey Balanek

10. Dolly and Mike Lewis

11. Julie and Rod Friesen



ON THE SCENE



Transform Your Transportation For a healthy community

What's happening to support people to use walking or cycling for transportation in Saskatoon?

- Bike Valet
- Active Transportation Plan
- Protected Bike Lanes
- MVA trail development
- Learn to Repair Your Bike
- Age-friendly Saskatoon



You are invited to participate in Bike to Work Day Saskatoon.

Saturday, June 20th 2015

Celebrate! Saskatoon will be set up at various locations from 7 - 9am.

Drop by for free coffee, breakfast, and lots of information.

As a little bit to say your way to work!

www.biketowork.saskatoon.ca

Get www.biketowork.ca for more information.



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I keep taking my
kids to Calgary, that
I can't move there
because nothing out
there will be
as good as
Parkville Manor.
— Brent



ON THE COVER

I always say Regina chose us. We didn't choose Regina. — Muna De Ciman

MUNA DE CIMAN

Fresh start for family in Saskatchewan

By Iryn Tushabe

Muna De Ciman stood beneath the towering Honouring Tree—a 35-metre high stainless steel kinetic sculpture at Regina's Wascana Park. The star-shaped panels atop the monolith sparkled in the afternoon sun, casting a shimmering reflection on the surface of the still lake waters in the distance.

"It's called the Honouring Tree because it glorifies the contributions made by our ancestors—the black people who came here before us," she said.

"It signifies hope for the cultural diversity we have."

An hour or so earlier, De Ciman reflected about life in the North African country of Libya, where she grew up, yet remembered how common it was for children to be separated from parents under large trees. When it got too hot, as it often did, the village kids would cool off underneath nearby trees, she remembered.

"The honouring tree is life and it's food and it gives us rest," she said, adding the 35-metre tree in Wascana Park was erected in 2003 as a towering reminder of the strength of community.

De Ciman and her family arrived in Regina 12 years ago as refugees. They had been living in Liberia for a while when civil war broke out in that country. Fearing death, they sought refuge in Ghana. It is from there that they applied to immigrate to Canada through the Federal government's refugee resettlement program.

"I always say Regina chose us. We didn't choose Regina," De Ciman said.

"Our resettlement worker thought Regina was the best place for us because we had kids."

It wasn't love at first sight. African immigrants to Saskatchewan were few and far between at the time and the De Cimans stood out. But she was determined to make a fresh start for her family. So she ventured out to the



Muna De Ciman displays a calendar by a non-profit organization—Daughters of Africa—of which she was a founding member. DAVID LIPNOWSKI / WINNIPEG FREE PRESS

Regina Open Door Society (RODS) where she took a course in nutrition care. She made friends and built connections through community events. By the time winter came, transforming the city to look and feel like the inside walls of her newly acquired

deep tower, De Ciman was already determined to make that place home. There was no looking back.

It took time to settle down but after I started networking and making myself available on many boards, I started to feel like I was becoming

a contributing member of the community.

In giving back to the community, De Ciman felt an intense feeling of belonging. That feeling has only grown stronger with time.

Today she serves on various

boards including as board chair of The Saskatchewan African Canadian Heritage Museum and director of the Regina Multicultural Council. That's not in addition to her full-time job as a youth counsellor at the Peel Dajak Youth Centre.

I don't like saying I help people because what we do is empower people to help themselves. — De Cuman

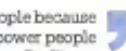


Maria DeCuman of The Daughters of Africa teaches African drumming to students at F.W. Ashton Collegiate in Regina. (PHOTO PROVIDED BY MARIA DEUMAN)

For De Cuman, how a community rallies around its members in times of hardship is a signature marker of the values that she core values.

Recently after a massive earthquake tore through Nepal, leaving in its wake wide destruction, the Nigerian Society of Southern Saskatchewan held a vigil in memory of the victims. On the night of the vigil, De Cuman was one of the first people to arrive at the candlelight in Victoria Park where it was held. Soon after her arrival, she was helping organizers tape down the Nepali flag draped around what looked like a circle of candles that had already been lit. "When that was over, she was helping organize tape down the Nepali flag around what looked like a circle of 100 little electronic candles that were arranged. She helped fold those candles on, too. And she continued to volunteer and work from the Nepali community until long after that event was over," says Cullen.

"We raised some money but we need more... so much more," she said.



"And we'll need to provide that support on an ongoing basis because the people there will live with the disaster for a very long time."

Most immigrants to Saskatchewan know De Cuman as "Mama Maria."

The term is carried over from some African communities where a respected member of the community even one that's not a blood relation is called "mama" or "mama." In such circles, it would be impolite to simply refer to someone like De Cuman without the qualifier of respect.

De Cuman is the go-to person for many immigrant women still trying to find their footing as Saskatoonians.

Continued on Page 8

BUSINESS

EVERY DAY IN THE

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She's like a second mom to me. I'm not trying to compare her with my mom, but she just never gives up on anybody.

—Mugisha Asharuf



Maria De Cesars walks along the street during a celebration of Multicultural Heritage Day on the 10th anniversary of her arrival in Denver on June 10. (PHOTO BY MARIAH TALA)

Asharuf is originally from the Democratic Republic of Congo but grew up in Kenya before moving to Regis High.

Initially, he and his mom also lived in the north end. He made friends in the neighborhood and at the schools he attended. When his mom decided to move to the north end, Asharuf couldn't attend the sites of leaving the network of friends he'd made at St. Martin de Porres High School. Fortunately for him, one of his closest friends in De Cesars' younger son, Chan.

"One day Chan hits me up and says 'hi.' We say 'mean roads help selling food at some festival' and I was like, 'haha who not?'"

"And then it's how it started off. He treated me the same way she treated Chan and also paid as far back."

Asharuf grew closer to the family and when he expressed his concerns about having to change schools, De Cesars said he was welcome to live with her so he didn't have to switch Chan's school.

Brother Joe had just moved out and there was a spare bedroom that Asharuf could occupy.

"It's like a second mom to me," Asharuf said.

"I'm not trying to compare her with my mom, but she just never gives up on anybody."

At the De Cesars residence, Asharuf has learned more than just to do his share of household chores he said.

The De Cesars kids are as enthusiastic as athletes as they are in sports

At 11 years old, Jen is an integral member of the Colorado State Rams basketball team for which he plays guard position. He is at the same time following in his father's footsteps and will soon be on his way to becoming a doctor. Joe's younger brother, Chan, is equally smart and athletic. He hasn't decided which sport to focus on when he graduates from high school but excels in both football and basketball.

Asharuf looks up to both brothers. They have given him the sharp sense of what he wants and the steady determination to pursue it.

"They all work so hard and it's rubbed off on me," said Asharuf, who isn't doing too bad himself in Grade 10 and on basketball.

"It makes me look at things differently. I'm so lucky to have known them at this time in my life."

In response to the positive in Dianee she has been an Asharuf and after kids like him, De Cesars simply said, "It takes a village."

HELP FOR REFUGEES

Saskatoon Open Door Society a bridge in the system

By Iryn Tushabe

Sala Auda often relies on her own experiences when helping refugees make a fresh start in Saskatoon.

Even though she came to Canada through family sponsorship, she can empathize with most of the challenges refugees struggle with in the city because she is a war survivor herself. "I was a refugee in Sudan. I still get flashbacks of the war I survived at 8 till it," she says.

Auda has been working at the Saskatoon Open Door Society, in various capacities for 20 years.

Currently she is a settlement case worker. She is also in charge of the One Window program, which connects refugees with local ones they left behind.

"It's not easy," she says, explaining it can take anywhere between 18 to 20 months before families are resettled. It's a period fraught with great anxiety and fear for all the terrible things that could happen to loved ones in

war zones and refugee camps.

And there's also my chance their application was not successful.

Auda says there are issues that are unique to refugees with — and here shock language barriers, difficulty finding work.

But for refugees, there's an extra layer of hardship.

They deal with anger and confusion, sounds both physical and emotional, the indelible marks of war.

"Many have trauma," explains Auda.

"Some have lost loved ones, will never see them again."

Auda's job and that of Hyde staff at the Saskatoon Open Door Society, is to help refugees reclaim the power over their story from them.

They need that power to take control of their lives once more, to make important life decisions. Sometimes that process takes as long as three years.

"In those three years, we see a bridge in the system. We hold their hand and we support them," Auda says.



Sala Auda draws from her own experience to help newcomers to Saskatoon. PHOTOS BY EDWARD WILDER

Saskatoon's Newest Modern Age-in-Place Design Suites

HYDE PARK VIEW

333 Stimson Place
Saskatoon, SK



- Quartz Countertops & Large Islands
- Master En-Suite Walk-In Closet
- 9-Foot Ceilings
- Sunlit Suites
- 6 Appliances
- Outdoor Terrace with Hot Tub & BBQ
- Games Room & Exercise Room
- Hair Salons
- Workshop
- Three Elevators

- Heated Indoor Parking
- Radiant In-Floor Heat
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- Library & Mini-Theatre
- Digital Video Security
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Life-Lease Suites for 50-Plus Adults with Personal Care Suites Attached

Hyde Park View is transforming the concept of adult housing in Saskatoon! This new 50-plus housing development is ideally located across from Hyde Park and is surrounded by many stores and facilities in Lakeside / Rosewood.

Life-lease suites are pre-selling with 29 units still available in this amazing 4 ½ story building. Floor plans range from 821 to 1297 square feet, including one bedroom plus den, two bedroom and two bedroom plus den units.

Age-in-Place Design includes 36-inch wide doorways, spacious floor plans and a seven-foot, barrier-free walk-in tiled shower enclosed in glass.

Every life-lease suite receives an indoor parking stall in the garage, heated parkade, with adjacent individual dry-walked storage rooms. Residents enjoy free access to the numerous attractive amenity spaces.

When independent living becomes a challenge, individuals can move to the specially designed area where personal care is offered. 24 hours a day.

Call Shelley Davis at (306) 612-5338 and visit www.hydeparkview.org online for more information. You are also invited to drop by Elm Lodge (7125 88th Street) during hours and sign up to pick up a sales package.

Above Your Expectations!

306-612-3338 Contact: Shirley Davis

www.hydeparkview.org

IN THE CITY

JUNE 13, 2015 — 5:36 P.M.

Walking a fine line



A high-angle silhouette, the World Famous Milemakers on the tightrope during the 10th Walkabout in Saskatoon on Saturday. (AP Photo/Jeffrey M. Boan)

GARDENING

GARDENING

How to make your garden drought-proof

By Erl Svendsen

While it's too early to say we're facing a drought in parts of the Prairies, droughts are a regular occurrence in this region and sooner rather than later will be feeling long stretches of low precipitation.

So consider drought-proofing your garden by adapting some of the following suggestions:

Around the soil with organic matter (compost or manure), especially if it's sandy, to help retain water as well as to enrich the soil with essential nutrients. Make sure the organic matter has been composted sufficiently so it won't attract insects and disease.

Cover bare soil with 10 to 15 cm of organic mulch, which not only reduces surface evaporation, it keeps the soil cool (reducing plant stress) and smoothes weed seedlings. Organic mulch breaks down and you will need to replace your beds every 2 to 3 years. For transplants in the vegetable gardens, consider using black or red (infrared) plastic mulches to really reduce water loss and control weeds.

Use drip irrigation (weeping hoses) to irrigate your flower shrub and vegetable beds (place under mulch layer). Water is applied right where it's needed with little evaporation. Water early in the day so when it's hot and dry, plants can draw up the water they need to stay hydrated and to cool themselves through evapo-transpiration.

Inrequent deep irrigation (applying three cm of water once per week) encourages deep root formation allowing plants to reach water at depth; conversely shallow-rooted plants may sit surface moisture and are more likely to be come stressed as soon as the soil starts to dry and the sun heats up.

Keep your weeds under control. Weeds not only distract from the beauty of your garden, they also soak up water (soil) nutrients and crowd out your ornamental plants. Also, consider pests and diseases as your plant additional stress on your plants, making them less able to respond to drought.

Choose naturally drought-tolerant plants. Many of our native prairie plants are drought-tolerant and make excellent alternatives. Look for plants with deep roots, succulent leaves or hairy, waxy leaves. This strategy helps plants to survive drought in existence — they



A pond is idealized with drought-tolerant本土
plants and rocks. ASSOCIATED PRESS FILE PHOTO BY SHANE SCHWAB

grow well in early spring or late fall and are dormant during the hottest and driest part of the year. For non-native plants, look for ones from other dry regions such as the Mediterranean or northern interior of Asia.

The following is a partial list of native (D) and introduced (I) drought-tolerant plants:

Trees: Amaral maple (D), bur oak (D), chokeberry (D), green ash (D); Mountain maple (D); Russian olive (D); Pinus ponderosa (D); Lodgepole pine (D); Colorado spruce (D); sandpaper fir (D); and Siberian larch (D).

BROADWAY THEATRE

JUNE
25
THE BAD PLUS
JOSHUA REDMAN
WITH BSRK

TICKETS
\$49-\$59
EARLY BIRD: REGULAR
TICKET

JUNE
26
CÉCILE MCLORIN
SALVANT
WITH NISSEN-SINCLAIR QUARTET

TICKETS
\$44-\$54
EARLY BIRD: REGULAR
TICKET

JUNE
27
JOHN PIZZARELLI
TRIO
WITH CRESTWOOD

TICKETS
\$49-\$59
EARLY BIRD: REGULAR
TICKET

JUNE
28
JAGA
JAZZIST
WITH MARK DEJONG 3+1

TICKETS
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EARLY BIRD: REGULAR
TICKET

JULY
02
DEE DEE BRIDGEWATER & IRVIN MAYFIELD WITH THE NEW ORLEANS JAZZ ORCHESTRA

TICKETS
\$54-\$64
EARLY BIRD: REGULAR
TICKET

JULY
03
STEEP CANYON RANGERS

TICKETS
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EARLY BIRD: REGULAR
TICKET

JULY
04
MOLLY JOHNSON WITH THE SASKATOON JAZZ ORCHESTRA

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EARLY BIRD: REGULAR
TICKET

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EARLY BIRD PRICING AVAILABLE UNTIL JUNE 21ST AT 11:59PM

GARDENING

Shrubs and vines: camellias (1), dogwood (1), hawthorns (16), lace myrtle (1), lavender (1), blue (1), man plums (1), privet trees (25), pottedals (1), saucers (erry (1), sea buckthorn (1), silver and gold salal, butterflybush (1), Virginia creeper (1) and wild willow (1).

Pruneretic artemisia (1) boxwood (1) (i.e., monarda, 18); black-eyed susans (1); black valerian, 11; delphinium (1); dianthus (1); echeveria (1); Euphorbia (2); iris (6, 18); juniper (one (1)); lavender (a purple geranium); 12; lig (1); sedum (1); switch (1); yarrow (10) and fern (1).

Ground little bluet (1); big bluet (1); blue hydrangea (1); blue and white fescues (18) and Kari Knester teacher red geran (1).

Anemone canadensis (1); marigold (1); rose campion (1); sunnies (2) and annual statice (1).

mymuseummatters

Pion-Era

Photo by Steve Lefebvre

2014
Saskatoon

July 12 & 13 • 9 a.m. - 5 p.m.

Threshing Demo

Saturday 2 shows • Sunday afternoon show only
Guests get to handle passenger mechanics, power-dance displays. It's old-time entertainment
play areas include children's train, a tractor, a threshing floor and pony rides.
Macmillan model community. Home to unique items to much more.

Saturday, July 12th

Harvest Pancake Breakfast

\$10.00 - 11:30 am \$5.00 childrens - gain admission

Saturday, July 13th

Pion-Era Brunch

Fall and/or cold weather with live tapping entertainment

Tribute to Johnny Cash

Featuring CASIN BACK

Rooms 206

Liberated (adults) performances only. No children allowed

For Information or Tickets:

Call 306-973-1980 or visit www.pioneeraera.com

2610 Lorne Ave.



Gaillardia (a.k.a. blanket flower) is a colourful, drought-tolerant perennial. PHOTO BY MAIA BURR

SHREK THE MUSICAL

Based on the DreamWorks Animation Motion Picture on Entertainment Weekly's 2004

Book: Andrew Lippa CS By: David Lindsay-Abaire MuSC By: Jeffrinne Tesei-Bil
Song: Ally McErlaine CS By: Tim Rinaldi By: David Michael Stachura CDS And Vocal Score: Tim Doherty
Dir: Cindi LaFever/Tycho Tyl By: De Cola By: Meghan McDonald

June 26-July 4, 2015

Remai Arts Centre

PERSEPHONE THEATRE BOX OFFICE 306.384.7727 OR ONLINE persephonetheatre.org

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EVENTS

What you need to know to plan your week.
Send events and photos to bridges@thestarphoenix.com

MUSIC

Wed., June 17

Loud Feet

Bands on Broadway:
817 Broadway Ave.

Eileen McNamee
Capitol Music Club,
344 First Ave. N.

Shortkeeper w/ Chaka
Maverick Tavern,
811 Broadway Ave.

Outsiders

Piggy's Pub and Grill,
1403 Eighth St. N.

Thurs., June 18

The Breakdads
Cuckoo's Restaurant &
Lounge,
1-207 Paseohouse Dr.

Melissa Penttila & Linda Ulmer
Bands on Broadway:
817 Broadway Ave.

Paulie Kerens/ Paulie Kasturek
The Basement,
204 Fourth Ave. N.

Melissa Deneeford
Amigoz Cantina,
806 Dufferin Ave.

Open Mike Eagle
Maverick Tavern,
811 Broadway Ave.

Fri., June 19

Kashmir
Bands on Broadway:
817 Broadway Ave.

3 Peeks + One
Army & Navy Club,
359 First Ave. N.

Da Latin Rhythms Kings
Falkville Senior Citizens'
Center
103 Fairmont Ct.

DEBUTS
Made By Hansen,
3330 Eighth St. E.



Amo award-winning artist Dan Miller will perform Sunday at Dakota Dunes Casino. POSTMEDIA FILE PHOTO

Press Friday: Don Griffith

Bands Start: Blacksheep
Legendary Rhythm & Blues
Review
The Basement,
204 Fourth Ave. N.

Beenie Anasquod
Twin Town Tavern,
3330 Fairlight Dr.

The Good Fight

McNelly Hobson,
2030 Eighth St. E.

Rockin' w/ Drenkle
Capitol Music Club,

Sat., June 20

Kashmir

Bands on Broadway:
817 Broadway Ave.

Marco Beltrami/ Mervin
Orcino
Big Band Series: The Maxine
Reinert Big Band and The
Saskatoon Community Jazz

Kend
The Basement,
204 Fourth Ave. N.

3 Peeks + One
Army & Navy Club,
359 First Ave. N.

Len Geddie
Downtown Lagoon,
810 Spadina Cres. W.

It's Too Late, Baby
McNelly Hobson,
2030 Eighth St. E.

Melissa Stause and Jeremiah
In My Heart!
Amigoz Cantina,
806 Dufferin Ave.

Bob Leg Kid and Cleo Chasy
sys
Vergil's Tavern
801 Broadway Ave.

Firewater & The Roosters
Piggy's Pub and Grill,
1403 Eighth St. N.

Jokeline
Starm's Place,
106-110 Ruth St. E.

Anaville Jam
Bands on Broadway:
817 Broadway Ave.

Melissa Stause
Amigoz Cantina,
806 Dufferin Ave.

Derek Miller w/ Ian Jaeger
Dakota Dunes Casino,
304 Dakota Dunes Way,
Whitescap

Melissa Wiercioch w/ Boening
and Wierszynski
Capitol Music Club,
344 First Ave. N.

Mon., June 22

17 Seconds of Past
Bands on Broadway:
817 Broadway Ave.

Tues., June 23

17 Seconds of Past
Bands on Broadway:
817 Broadway Ave.

Seether w/ Blacksmith,
Ringspun and Theasis
Christian Event Centre,
241 Second Ave. S.

Pearlslam w/ Caves and the
Antelopes
Amigoz Cantina,
806 Dufferin Ave.

Menomeny and Grounders
w/ Reg Eyes and Quaker
Passets
Maverick Tavern,
811 Broadway Ave.

Mike Please
Village Galleria & Amp,
432 20th St. W.

ART

Eye Gallery
Until June 19 at 111-112 College St. On Photography by Trish Thomas.

SOYAP Art Gallery
Until June 19 at 25-27 Red Ave.
3-312 Black Huskies Artwork by Marie Kohlmeier
Hours June 22 until July 3

Black Square Gallery
Until June 20 at 2-1008 Eighth St. E.
Northside. Web, representing
30 Canadian artists.

Vivid Gallery
Until June 20 at 2-1008 Eighth St. E.
Newworks by Shenon Ceska, Sandra Kress and
Chris Willemen.

EVENTS

Rouge Gallery
Until June 20 at 245 Third Ave. S. A new collection by Edie Gerspach.

Gallery on Third, Wethouse
Until June 20 at 102 Third Ave. E., Wethouse Spring Ring, a group exhibition.

AKA ArtBar
Until June 20 at 424 20th St. W. Personality Done Clean.

Humboldt and District Gallery
Until June 20 at 601 Main St., Humboldt. Inspiration, an OSAC touring exhibit of Saskatchewan printmakers. Ethereal, a local perspective exhibit by Sharon Kastner, runs until June 21.

Haus Art Supply
Until June 22 at 1819 Lorne Ave. 5018 by Bridget Ahlers, Nickel and Axle and Anslee Page Miller. Reception June 20, 2 p.m. to 6 p.m.

Centre East Galleries
Until June 22 at The Centre, 1000 Lakeshore Trail in the Royal Cinema, quilt display by MCC in the Royal Cinema; display by Irene King-Spellit Photo Art in the Umbrella gallery, art by different strokes in the Stom's Gallery; display by Shakespeare on the Saskatchewan in the crimson gallery, and display by the Saskatoon Public School Board in the Magenta and Indigo galleries.

Gordon Greeneke Gallery
Until June 23 in 101 16th St. of the U of S Murray Building. Best by the Rockies; Pettler's Gold; Guffy Treasures by Gusk Tursi.

Bugger Museum and Gallery
Until June 23 at 103 Third Ave. W. Bugger Creatures from Sky and Sea, fossils sculptures.



Great Off by John Schultz on display at Kitching/Rhe Arts

The Gallery at Art Place-Ment
Until June 25 at 328 Third Ave. S., back lane entrance Building Blocks by Steph Kowchuk.

Station Arts Centre, Estevan
Until June 27 at 701 Pathway Ave. Northern Pulse, painting by Anne McGray.

Kalgan Fine Art
Until June 27 in the eighth floor of the Beausoleil Bronco sculptures of wildlife by Tom Schultz and hyperrealism mixed media by William Prentiss.

Market Mall Mayland Art Gallery
Until June 30 at Market Mall, 3325 Proven Ave. The Wild: stylized versions of Geese. Venier Galeria Fine Arts School in partnership with the Saskatoon Symphony Orchestra.

Western Development Museum
Until June 30 at 290 Lorne Ave. Eskimos in the Ice. Finding Franklin's Ship: A travelling exhibition that uses artifacts, images, audiovisual presentations and art.

Ave. FEDD by Mindy Van Miller
Echoes in the Ice. Franklin's Ship runs until July 5. A travelling exhibition that uses artifacts, images, audiovisual presentations and art.

Art in the Garage
Through June at Redford Centre, 1040 copper casts. Works by Merlyn Artists.

The Gallery at Prairies Mountain Central Library
Until July 2 at 311 33rd St. E. In the Footsteps of York by Greg Hartigan and Ian Van Dens. Works from Agassiz Park, Park.

Western Development Museum
Until July 5 at 290 Lorne Ave. Eskimos in the Ice. Franklin's Ship: A travelling exhibition that uses artifacts, images, audiovisual presentations and art.

Affinity Gallery
Until July 7 at 102 Broadview Ave. Clay Studio Three: 40th Anniversary Exhibit.

Van Gogh ceramic works from current and past members of Clay Studio Three. Paul Cooley, Lorraine Stutter, Judy Troy, Elly Ferreira, Dee & Patti Kurek de Martin Yaguchi, Thelma Howard, Nancy Grunewald and Elaine Friesen.

Handmade House Showcase
Until Aug. 1 at 710 Broadview Ave. Little Vases by Anita Decemars.

St. Thomas More Gallery
Until Aug. 31 at 1123 College St. Remembrance by Marlene Martin and Kathryn Miller Park.

Gallery 816
Until Aug. 31 at 619 10th St. E. A collaboration of works by Saskatoon artist Lynne Gifford.

Warehouse Studio & Art Gallery
Until Aug. 31 at 301 Spadina Cres. W., Arts by Dorothy Clark, a Canadian artist living and painting at the same time at the famous

What you need to know to plan your week.
Send events and photos to bridges@thestarphoenix.com

Group of Seven: A Peaceful Meditation garden out front features timely can quotes.

Ukrainian Museum of Canada

Until Aug. 31 at 190 Spadina Cres. E. Balalaika House by photographers Lucien Gauvin and Kate Rossak.

#FAMILY

Stans and Strollers

Wednesday, 1 p.m. at Canadian Children's Museum. The Centre's choice of two programs each week. A baby-friendly environment with lowered walls, dimmed lighting, a changing table and stroller parking in tact theatre.

Cave Club and Play

Daily 10 a.m. to 8 p.m. In Bay 6 of 619 South Railway St. W. In Victoria, Saskatchewan. newest indoor playground. For children up to age 12. Visit caveclubandplay.com or their Facebook page.

Pan Factory Indoor Playground

Until 10 p.m. at 1633C Quebec Ave. A giant indoor playground for young children. Adults and children under one year are free. There is a separate fenced in area for children under two.

Chikadee's Play Centre

daily at Lawson Heights. Mini-A-ha, soft environment for preschool children to play. Please note this is an unstaffed play area, adults and small kids stay with and supervise children at all times.

Bingo Talk at SPL

Fridays, 10:30 a.m., at Alice Turner Branch, Mondays, 10 a.m. at Carlyle King Branch and 10:30 a.m. at Wood Branch; and Tuesdays 10:30 a.m., at Cliff Whyte Branch. Half-hour singing and rhymes, then mingle with other parents.

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Inquire about our new home at Blackstrap Lake, 17 minutes from the city on a double lot double garage. Several lots & floor plans available.

Summer promotion on now, call today for details.

EVENTS

Kid Yoga Classes

Age 3 to 10 at 9 a.m. on Saturdays, 11:30 a.m. to 12:15 p.m., River-siders ages five to 12 on Mondays, 10:15 a.m. to 11 a.m., at Yoga Life, 2-1/2 Third Ave. S. Classes taught by Nine Zell. Helps kids regulate emotions, find focus, relaxation, self-awareness and inner fulfillment. Physically helps with balance, strength, flexibility, coordination and body awareness. Classes are six weeks. Register at leaderpost.com/yoga.

Prenatal/Parturient Workshop: Yoga for Childbirth

Saturdays, 11 a.m. to 4 p.m., at Birth Rhythms, 248 Third Ave. S., instructed by Nine Zell. Learn various tools and techniques to help you through labor and delivery. No previous yoga experience required. Classes are six weeks. Register at leaderpost.com/yoga or email info@birthrhythms.ca.

More-and-Bally Yoga

Mondays, 11 a.m. to 12:30 p.m., at YogaLife, 3-1/2 Third Ave. S. Classes taught by Nine Zell. For mothers with babies as young as six weeks. Tone and strengthen your body, learn relaxation and meditation tools and explore breath-work. Classes are six weeks. Register at leaderpost.com/yoga.

Preschool Yoga

Mondays, 12:30 p.m. to 1 p.m., at Movement and Planning Health Centre, 248 Third Ave. S. Beginner to Intermediate yoga designed to help with participation in recovery. Baby friendly class with a car seat. Open to children. Suitable for four weeks to two years postpartum. Register at leaderpost.com/yoga. No class on stat holidays.

Canadian Light Source

(CLS) Public Tours

Mondays, 10:30 a.m., at the Ce-

ntral Light Source, 4-4 Innovation Blvd. The synchrotron research facility is open for the public. Pre-registration is required. Call 306-651-3444, email outreach@lightsource.ca or visit lightsource.ca/events/tours.php.

Prenatal Yoga

Mondays, 6 p.m. to 7 p.m., at Pregnancy and Parenting Health Centre, 3-1/2 Third Ave. S. Taught by a doula and certified yoga teacher. Instruction will be for pregnancy, 306-651-3442 or email rebecca@yoga4all.ca. No class on stat holidays.

Group's Read Camp

June 22-26, 9 a.m. to 12 p.m., at Emmanuel Anglican Church and The Refinery. For parents and preschoolers, ages three to five. Rhyme, song, stories, crafts, snacks and fun for families to learn and play together. Register at 306-632-5448, readcamp.ca.

Preschool Story Time

Tuesday, 10:30 a.m. to 11 a.m., at McNally Branch, 3100 Eighth St. E. Fortichild ages three to five in the Circle of Trees. Call 306-933-1427.

Playgroup

Monthly and seasonal events hosted by Prairie Prints Learning Community. A group of families inspired by Montessori philosophy. Programming is aimed at children ages two to five, but all ages welcome. Information on their Facebook page: <https://www.facebook.com/groups/139300101133371/>

Beginning for Kids

Children ages four to 14 can learn about technology and how engineers help kids develop. Classes, exams, projects, and build with hands-on STEM enrichment activities. Get information and register at engineeringforkids.ca or info@engineeringforkids.ca or 306-978-4186.

BRICKS 4 KIDS® Saskatoon
Regular after-school programs, preschool classes and summer camps for kids of all ages at various locations in Saskatoon. An atmosphere for students to build unique creations, play games, and have fun using LEGO® bricks. Visit bricks4kids.com or call 306-979-2319.

Saskatoon Public Library Programs

Ongoing daily programs for children and families. Find the calendar at saskatoonspl.on.ca.

† SPECIAL EVENTS

Saskatoon Farmers' Market
Open year-round. Wednesday and Sunday, 10 a.m. to 3 p.m., and Saturday 8 a.m. to 2 p.m., farmers are in attendance. Tuesdays, 10 a.m. to 5 p.m., and Sunday during market hours, food service and a specialty shop are open. Information at saskatoonfarmersmarket.ca. Contact 306-384-5262, sfmarket@sasktel.net.

Baptism Basement Store

Wednesday, 10:30 a.m. to 3 p.m. at St. Paul's United Church, 4545 Queen Ave. Clothing for babies, children, men and women, and jewelry. Funds raised support the Lighthouse project.

Mayfield Carpet Bowling

Wednesday, 11 a.m., at Mayfield United Church. Beginners and experienced players are welcome. For information call 306-651-2125.

10th Annual Land-a-Hurdle Saskatchewan Classic
June 17 at Saskatoons Durac Link Links. Presented by the Saskatchewana Lacrosse Hall of Fame and the Saskatchewan Sports Hall of Fame. An illustrated speaking presentation from author historians, and founding members of the Nipigon Lakes Lacrosse Museum (NPLS). Green admission is free and donations to the Halls of Fame are welcome.



The Saskatchewan Concert Band will be performing June 17 at River Landing for a concert in the park. Photo: Jeff Hertz

Information at 306-334-0022,
info@shsband.ca.

Saskatoon Concert Band
June 17 at River Landing. Concert in the park. Bring a cushion, admission is free.

For participants, and eastward participants in meeting about 250 levels of soup for women and children escaping family violence. Pre-registration is required. To register and see more details visit soupcans.ca.

Zumba in the Park

Thursdays until June 25, 7 p.m. to 8 p.m., at Evanson on Lakes Park. Presented by Evergreen Community Association. A fitness program that combines Latin and international music with dance moves. Tickets at zibco.kc.com.

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EVENTS

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Safré Dances
 Thursdays through June, July and August, 7 p.m., in Keweenaw Park, Sault Ste. Marie International Folkdance Club. Learn dances from many countries around the world. Everyone is welcome. Admission is free. Visit safreredwazapee.com

Sault Ste. Marie

June 16, 8 p.m. to 9:30 p.m., at First Floor Dance Centre. Chanting of ancient mantras with modern medleys. Featuring Anantara and Malika. Tickets \$15. Proceeds: Tickets at ticket.com or at the door.

Musica 2015

June 17, 7 p.m. at Brashears Avenue. A multi-day multi-venue conference and music festival. Speakers include Jeffrey Hecht, Merle Nicole,

Steve Peters and Ryan Dekker. Performers include Atlas Sound, Timber Timbre, Smokey River and Deft3. Tickets and information at musicafest.com.

Borden Farmers' Market
 Fridays until Oct. 9, 7 a.m. to 5 p.m., at Borden High Hall, information at 306-597-3193.

Story Circle for Adults

Third Friday of the month, September to June, 7 p.m. at the Unitarian Centre, 203 Second St. Bring a story or name to tell. Potluck snacks are welcome. Administration is free. Donations are accepted.

Westside Community Center's Clothing Depot
 Saturdays, 10 a.m. to 2 p.m., at:

3468-8 Fairlight Dr. Free clothing for all ages, free baked goods from a local bakery; they take donations of clothing, footwear, accessories and bags. Information at 305-322-8172.

Sault Ste. Marie Oldtimers Association Meetings

They meet the third Saturday of the month, 10:30 a.m., May to September at the Lot Cottages on the Sault Ste. Marie waterfront, 1010 Eighth St. E. New members are welcome. Information about the social groups at 906-582-4919, 305-333-8661.

Fourth Annual Motorcycle Ride for God

June 20 at the Wisconsin Development Museum. Motorcycle Ride, poker run and lots of

Fund raised helps to fight prostate cancer. Information at www.mtcg.ca.net, pccfa.ca.

Highway 60 Market

June 20, 9 a.m. to 5 p.m., under the roof at Windy Annex, just off Hwy 60. Crafts and homemade goods, home-based business products, artiques and collectibles, and second-hand items for sale. Admission is free. Information at saultsteamericana.com

The Magic of Inanna Festival

June 20, 6 p.m., 401 W. Jefferson Avenue. Inanna Ceremonial Art Project. Presented by Polyvibrational Arts. A non-profit organization that brings the summer solstice celebration and protection that aims to connect Tonga culture with Canadian culture. With ethnic food and snacks for sale.

Feed Store, Wernska's Pharmacy, New Community Credit Union and Sault Ste. Marie School of Genee

Sault Ste. Marie in Holloway Museum Open House
 June 20, 10 a.m. to 5 p.m., along the Lake Superior highway. Open house for members only. An opportunity for prospective members to visit the museum. Admission is free until 1 p.m. Information at 906-352-5695.

Sault Ste. Marie Beagall Festival
 June 20, 6 p.m., 401 W. Peuls United Church, 454 Elberta Street, hosted by the Beagall Club. Beagall Uisce: Celebrating culture and tradition that aims to connect Tonga culture with Canadian culture. With ethnic food and snacks for sale.

Admission is free.

Free Outdoor Concert
 June 20, 7 p.m. in 9 am, at Faith Lutheran Church, 3891 Preston Ave. Featuring John Jade Kev with Native Alpha Omega Winona Band. Donations are welcome and ice cream treats will be available for purchase. Proceeds go toward a new sound system for the church.

Works in Progress: New Dance Series

June 20, 8 p.m., at Free Flow Dance Centre, 324-329 91 St. W. Featuring Polyvibrational Arts Dance Company, featuring Performers, Carlton Coffin, Paula Mire, Shirley Michelle and Roseanne Warman, and artistic director Jackie Latimer-Wade. Tickets at the door.



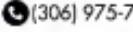
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Nuts About Nature
 At Beaver Creek Conservation Area



Hi there! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.

Dear Chip,
 When my parents cut down a tree I saw a bunch of moles-like frogs in the wood. What causes this?

The cool patterns you see under the bark of dead wood are actually made by very important critters called bark beetles. When the adult beetles are ready to lay their eggs they dig a straight tunnel through the bark and into the wood of an old tree. When the larvae hatch from these eggs they start eating wood directly behind them in all different directions, which creates the wacky pattern of galleries. If you look underneath the bark the tunnels the beetles make are called galleries and can either consist of simple lines or very complex patterns, which is what we see in the wood of a dead tree. Interestingly, the tree and only come out to mate or disperse to new trees. Scientists believe that each individual species of bark beetle creates a unique pattern due to the way they colonize the tree. Now you might ask why WOULD they take the time to make such awesome shapes? Well, bark beetles are very important decomposers because they recycle the dead wood by turning it into fresh soil for plants to reuse.

Send your questions to me at the address below. Then watch Bridges for the answers.

Yours, Chip
 Beaver Creek Conservation Area
 12 Main Street, Moose Jaw
 329 King Street, Moose Jaw
 1200 10th Street, Moose Jaw
 Moose Jaw, SK S6A 1E6
 Call 306-264-2244



Meewasin 

EVENTS

Father's Day Barbecue

June 21 at the German Cultural Center, 1601 Garfield St. \$15 barbecue, pero (extending Father's Day information at 303-284-6669).

Walk Now for Autism Speaks Canada

June 21, 9:30 a.m., at Bloor-Yorkville Park. Walk-opening ceremonies, a 5-km walk and closing ceremonies. Festive activities for all ages, performers and awards. Register at autismspeaks.ca. Funds raised support Autism Speaks Canada.

Jazz Fest 2015

June 21, 3 p.m. and 8 p.m., at Broadway Theatre. Tickets at broadwaytheatre.ca.

Shabbat Web Dinner Give

June 21, 6 p.m. to 10 p.m., at Third Avenue United Church. Cocktails, dinner, Jewish entertainment, silent auction and 50/50 draws. Tickets at sacitio.com. Funds raised support the Shabbat Kitchen Ministry.

Off-Broadway Farmers' Market, Internet-based Itas, and States

Tuesday, 11 a.m. to 6 p.m. in the basement of Greenway Christian United Church, 1801 N. 16th St. Offering a variety of locally produced food, clothing and accessories from India, past products, baking and knitted items. New vendors welcome. Call 303-664-3930 or email jean@iambright.org.



Miguel Casado, piecing Quilt of Sam and Adam Luther play a role in a quilt being developed for the Southeast Asian American Museum's 20th anniversary. Photo by Madeline Sotelo/The Denver Post via Getty Images.

What you need to find work

In tomorrow's Information or Registration at 303-284-6313; 303-653-4484; 303-250-4335; hjwsp@tcsbs.tcsbs.co.us; ajunes@tcsbs.tcsbs.co.us.

|| THEATRE

Quotations

June 17-21 and June 24-26 at Alvin Ailey Theater, 25th and 3rd Street. 2015 season opener. A musical tribute to the lives of our planet's ancestors. Spanish is a legacy quilt to pass on to her daughters. Tickets at 303-

Media Ministry

June 18 at 10 a.m. at Pershing Theatre. Performed by Sanderson Directors. A young man offers arrangements with a insurance broker to acquire a 15-year-old Japanese blonde while he is stranded in Japan. Tickets at 303-364-7722. Castmembers include Hughie's 2015 season opener. A musical tribute to the lives of our planet's ancestors. Spanish is a legacy quilt to pass on to her daughters. Tickets at 303-

English for Employment Class

Hosted by the Sekolah Gairin Dose Society improve English pronunciation and communication, and learn

about things we can communicate effectively by listening, speaking, writing and reading. Classes are free, open to everyone. Address: 1000 E. 12th Ave., Suite 200, Denver 80203. Call 303-294-9282.

CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- Selene
- Method of capture
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- Hitch's partner
- "Inhalata" (1976)
- German Clerks
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Photo by Jeffrey Meehan

Solution on the crossword puzzle and the Sudoku can be found on Page C3.

Photo by Jeffrey Meehan

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Solution on the crossword puzzle and the Sudoku can be found on Page C3.

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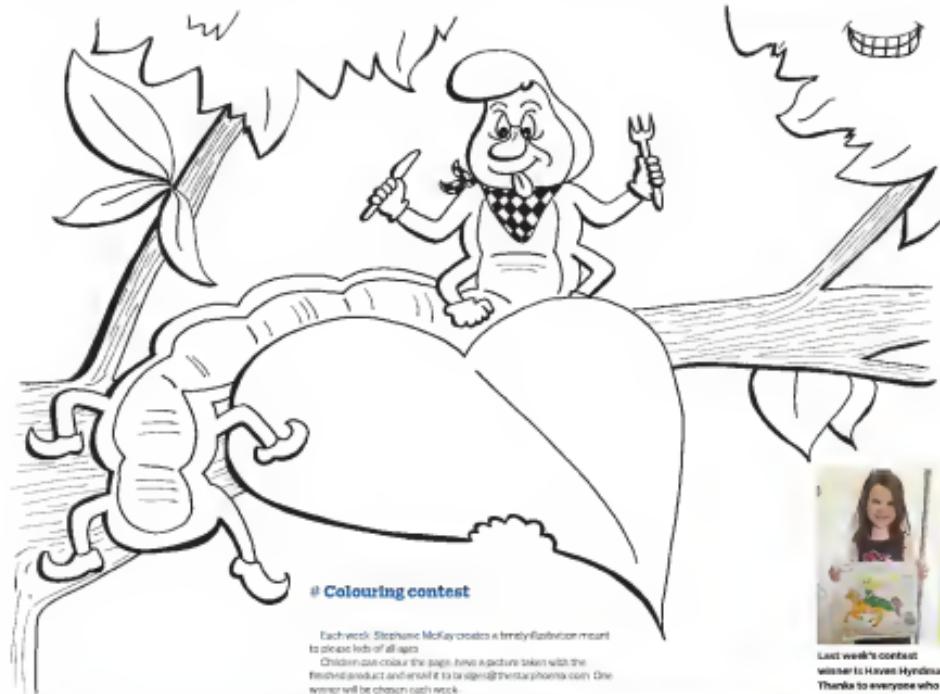
Solution on the crossword puzzle and the Sudoku can be found on Page C3.

Photo by Jeffrey Meehan

Solution on the crossword puzzle and the Sudoku can be found on Page C3.

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OUTSIDE THE LINES



Last week's contest
winner is Haven Hyndman.
Thanks to everyone who
submitted entries.



Social Good parties are mini fundraisers organized by YOU!

- 1 Pick a date for your Social Good party
- 2 Go to www.CanadaHelps.org and **create a fundraiser**
- 3 Tell all your friends!



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ASK ELLIE

'Girlfriend' needs to be given an ultimatum

Q: My "girlfriend" of four years doesn't seem to be more than her best friend. Her mother and I exchanged some hurtful comments, so she values her independence more than a long-term relationship.

We live separately, but sleep together on weekends and travel together. She has two children, I don't.

I'd like to live together — we'd both save money if we shared the expenses.

Also, when she gets older she'll always have her kids, while I'll have no one (we're late). I'm just thinking ahead.

I care a lot for her and am lonely without her. We have sex and occasional companionship, but not much intimacy.

Finer Relationships

Ask Tell her how you feel about her. Then give her an ultimatum.

Tell her that you think that you it eventually let her enter her in your life again.

The closer I am with the same disarming trust as her father. YOU

are not that man.

If she doesn't change her mind, move on. Hanging on will just become toxic.

Don't reinforce the mommy angle. That should be a bonus, not the rule.

Q: I was pregnant when I discovered my husband was cheating. We decided to not separate till he'd bonded with our baby so he could be a better father to him.

A: I assume you were attracted to him but we didn't start seeing each other until after my wife was born, to bond with our baby.

He claimed he planned to leave her anyway, and now would. Then he sets a "date" for our new life together. It never happened.

I lived with him soon for two years, mostly feeling violated. Then, one day it became clear that I had to end it. My son is now 10 and that means a lot with his wife having other affairs.

Single Mom

AC: Good for you for untangling your

Ask Ellie

affair. But you don't say whether 18 years later, you're found a partner.

People that marry him won't be safe's another user and likely stayed with him to not lose part of his business. He played with your heart and mind shamefully that there are many decent guys out there.

Be open to meeting new people that are suitable too.

Q: My wife and I have made the first steps of separating after she cheated, but we're living in the same house till we agree on finances and child custody, and propose the house for sale.

She's doing the same she cheated with which she claims is fine, because he's a "known factor."

I've spoken a few women through online sites but am getting threatening messages from men with that "she's style" social media custody angle.

Is it important to sue out and lose equal rights to our house as an asset, then the situation's time?

Unhappy Housemates

AC: You need clear legal information on your rights regarding custody and marital assets.

Do not be so easily threatened. If she's doing, you can do. Just be discreet and don't bring home any of these dates when you're just going to leave.

Push forward on your separation agreement. It's worth a lawyer's fee to not live in limbo in a hostile atmosphere together.

It's also an unhealthy encouragement for young kids.

Moving out temporarily as soon as possible, without waiting months to sell the house.

You'll be able to work on making your children find peace again, in a different, but peaceful situation.

Q: Soon after our son was born, my wife became a workaholic and dumped the couple's budget. I tried to find a way to warn her down.

She stayed out late, fought with me and controlled the budget cause she earned more. And I decided she chose.

I don't know if she has or had any other, other than her job and her raise/no raise, but I can't take it anymore.

I worry about our three kids who've grown up with tension and an absent mother.

Finished

AC: It's time to get pro-active about your life, both as a father and as an individual.

Get professional guidance to make a plan that's workable, and to regain your confidence in full charge of your life.

It's clear that you're considering whether to separate. Meanwhile, start a fitness regime to boost your energy and self-esteem and look for ways to engage both your work life and your involvement with your kids.

BREAKING NEWS

EVERY DAY IN THE

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COUNTRY MUSIC

Poverty Plainsmen back from a long break

By Ashley Martin

When Don Bruns left a guitar at the family farm in southwest Manitoba in 1978, his baby brothers worked no time before their hands got it.

Mark Smith III and Sean, 8, learned songs of The Eagles, Garth Lightfoot and Jim Croce from "guitar rockin' books."

The instrument "was way too big for me," says Sean, "so I'd lay it on my lap and I figured out how to play chords."

Sean considered that method again in 2000, after a car accident in northern Alberta left him brain damaged from the chest down.

The Poverty Plainsmen, the band the Bruns brothers re-founded in 1997, was coming back from a show in High Level when their van rolled.

"Right after it happened, I was really going to lend [the guitar] to develop a way to play again," says Sean, the band's former bassist. "I think I'm still trying to figure that out in a way."

Wednesday when the Poverty Plainsmen take The Pump stage in Regent for the first time in eight years, Sean will pitch in on vocals and maybe the harmonica.

As for guitar, "I think it's probably never going to get in my workstation, but at least with something in front of me in terms of a guitar, I don't feel naked up there," he says. "It's just frustrating that my abilities don't meet the standards that I once had. But I'm trying to let that go."

"And he had high standards," Mark interjects. "Higher than me."

Having fun is what matters most — that goes for the whole band, which also features brothers Brian Kelly (drums), Gordie and Andrew Kelly (drum gear, vocal), Don Jorgenson (bassoon, mandolin), and Aguila (fiddle/vocals).

"We've got two sets of brothers that are pretty wild," jokes Mark.



When the Poverty Plainsmen quit touring in 2007, their line-up consisted of, from left, Johnny Giesbrecht, Don Jorgenson, Mark Smith, Brian Johnson and Gordie Kelly.

who plays rhythm guitar and sings lead vocals.

I think it's a lot of our shows about east-west stage," Brian, the older Kelly, adds.

We're kind of out from the same [fiddle] box," he says.

"We've done lots and come from the country," says Mark.

"Started out with nothing closed eyes," he says again.

"Half ton cowboys," says Brian.

When Mark and Sean got together with Brian Johnson and Kurt Neas in 1987, their plan was one gig only, Budweiser night, the Palms Hotel in Morden, Man. They played Alabama and Jerry Drift Diet Bass covers,

the only ones in the bar without costumes. Sean was 16; Gisbrecht 11.

"We didn't have aspirations to do it full-time," says Mark.

They just wanted to get better for their own entertainment.

They took on a life of its own," says Sean.

The next Budweiser, they played The North 40 in Brandon, as an amateur country band.

Then we thought we were pretty good," says Sean.

Those boys, from the Poverty Plains of Morden, played their hearts 30 years straight after that," says Mark, who brought to Brian in 2002.

The band toured from Thunder Bay Out, to Prince George, B.C., Creighton,

Dauphin, Dauphin-as-the-road-49 weeks in a row.

The Kelly brothers had a similar start to theirs.

"We just wanted to get better," says Brian, who previously played with Shelly Morgan, which won the Saskatchewan Country Music Award for group of the year in 2000.

When the Poverty Plainsmen took a hiatus in 2007, the band had won that award a record seven times.

"There was a band called Wynd that was kind of on our shirt list for the last while, but I'm not sure if they caught on or not. But if they did, congratulations," Mark says, laughing.

(Indeed, Wynd has won every year since and now has eight GMAs.)

The Poverty Plainsmen decided in 2007, with three albums under their belt, to take a break. They planned to return in 2009, before they knew it, seven had flown by.

But when we played together, it felt like we never stopped," says Mark. "I'm very happy that there's still an audience out there that wants to come and listen to us."

Call the Poverty Plainsmen Wednesday at The Pump and Bell and at the Moon Jaw HomeTown Pub.

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RECIPE

Home-smoked bacon



Karen Salsbury When making your own bacon, always keep bacon ends open a little so it can be refrigerated for up to three days.

By Jim Shalhamer

Before the smoking step, you'll need to smoke a cup of apple wood chips (preferably) or hickory or cherry wood chips in water over bacon. And you'll need an instant-read thermometer.

The smoke mixture can be refrigerated up to three days in advance. The bacon needs to cure in the refrigerator for seven days, the cured, drained bacon needs to air-dry in the refrigerator for eight to 24 hours. The air-dried bacon can be refrigerated for up to one week or frozen for up to three months. The cured, smoked bacon needs to be refrigerated for at least four hours and up to one week.

Savory Smoked Bacon

Makes 40 thin slices

- > 2 lbs. 15 oz. 22 lbs. slabbed pork belly
- > 2 cups (20 oz.) hickory wood chips
- > 1/2 cup (10 oz.) coarsely ground black pepper
- > 1/2 tsp. (10 mL) coarse kosher salt
- > 1/2 tsp. (10 mL) dried thyme leaves, crushed and dried
- > 1/4 tsp. (5 mL) ground cayenne pepper
- > 1/2 tsp. (10 mL) ground coriander
- > 1/4 tsp. (5 mL) chipotle powder
- > 1/2 tsp. (10 mL) pink curing salt (optional)

Instructions:

1. Rinse the belly and dry it thoroughly. Trim off so that it forms a long rectangle.
2. Gently rub the kosher salt, black pepper, cayenne, coriander, chipotle powder and pink salt, if using, in a gallon-size (4.5 L) zip-top bag. Add the pork belly and seal, pressing out as much air as possible. Massaging

to distribute the curing seasonably. Refrigerate for 7 days, then wash the bag over once a day.

3. Remove the cure from the meat, and pat the meat dry with paper towels. Let the meat air dry in the refrigerator for 8 to 24 hours.

4. Prepare the grill for indirect heat. If using a gas grill, turn the heat to high. Break the chips and put them in a smaller box or foil packet poked with a few fork holes to release the smoke. Set it between the grate and the briquettes, close to the flame. When you see smoke, reduce the heat to medium-high (300°F/150°C). Turn off the burners on one side.

5. If using a charcoal grill, light the charcoal or briquettes. When the briquettes are ready, distribute them on one side of the grill. For a medium-hot fire, you should be able to hold your hand 6 in. (15 cm) above the coals for 4 to 5 seconds. Scatter the wood chips over the coals.

6. Place the pork belly on the indirect heat side of the grill. Close the lid and cook (inside) for 1 hour. Open the lid and read a thermometer into one side of the belly; when the bacon is done, its internal temperature should register 140°F (60°C). I like to believe that bacon for about 30 seconds, but don't worry about the exact internal temperature of the bacon; you are just gonna cut it for bacon.

7. Transfer the slab of bacon to a cutting board; once it has cooled completely wrap it in aluminum foil and refrigerate for at least 4 hours and up to 1 week. Before using, set the bacon in the freezer for about 10 minutes (chilled bacon is easier to slice).

8. Fry thin slices as a skillet over medium heat for about 4 minutes per side, until crisp. Drain on a paper-towel-lined plate.



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WINE WORLD

Belgian brewer answers call for gluten-free beer

By James Romanow

Summertime and the living is full of beer. Face it, you're going to spend at least some time sans stiffer outside cooking up sandwiches and sipping some beer. Unless, of course, you are gluten sensitive.

The very first ale I ever got as a home brewer was from a man whose life had become completely miserable due to Celiac disease. Virtually everything he loved was off the menu. No beer.

With a host of gastrointestinal pains and heart racing, and the Belgian breeder his only aid felt his pain. No one in the brewery of Belgium could come up with a beer that they believed he could drink. Below is the product of their labours: a gluten-free beer that deserves a hearty Nodak prize (they gave one to Martha Stewart).

Promoting Maranox's Belgian brewer with an African connection. The brewer's grandmother gave him her recipe for palm beer, which was his only possession when arriving as a refugee in 1990. He used it as the inspiration for the flavoured beers of the company. (African beer uses different sources of starch, so often has completely different flavours.)

Mongolian Primer is a nice pale beer. It's not as sharp as a Czech pilsner but it has more pils than most Canadian brews. The grain source is pure milled barley — organic and also fair trade, apparently the world's first fair trade in-



ger — and that is gluten-free.

If you love good lagers, and in particular places you have to pick up a bottle or three of Maranox. (And from experience most of the rest of us should keep a couple of bottles around for guests.)

Mongolian Gluten Free Paleale Beer, \$3.00

Unopened wine in Monday's paper. Non-unopened stuff on Twitter @drbeebase

Crossword/Sudoku answers

| | | | |
|--------|-----------|---------|--------|
| ALTRA | TSK | MOP | TSN |
| DDIN | SHALLALA | IAMI | |
| ASTIC | CITIZEN | KANE | |
| PET | THREAB | SHRED | |
| | THE | THIRD | MAN |
| SENECA | EER | | |
| TAIL | HARRYLINE | | |
| ORES | THEMARD | OPO | |
| | THE | WORLD'S | AT TOP |
| FOO | | MOPITA | |
| SHIA | TOUCHDOWN | SILL | |
| HASTA | PRIEST | ACE | |
| DESOM | MELLES | STAS | |
| APU | TENSILE | POKE | |
| LIEY | IDS | ASS | ABE |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 9 | 3 | 1 | 6 | 7 | 4 | 8 | 2 |
| 1 | 2 | 4 | 9 | 8 | 3 | 5 | 7 | 6 |
| 8 | 6 | 7 | 2 | 5 | 4 | 1 | 9 | 3 |
| 3 | 4 | 9 | 6 | 1 | 2 | 7 | 5 | 8 |
| 7 | 8 | 1 | 4 | 3 | 5 | 6 | 2 | 9 |
| 6 | 5 | 2 | 8 | 7 | 9 | 3 | 1 | 4 |
| 2 | 7 | 5 | 3 | 9 | 6 | 8 | 4 | 1 |
| 4 | 3 | 8 | 7 | 2 | 1 | 9 | 6 | 5 |
| 9 | 1 | 6 | 5 | 4 | 8 | 2 | 3 | 7 |

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